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## A critical review on shelf life of Ayurvedic dosage form w.s.r. to *Sneha Kalpana*

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### ABSTRACT

Ayurveda is an ancient science that has many branches. The branch which deals with the herbal drug and used in the form of medicine to cure the disease is known as Bhaishajya Kalpana. Acharya Charaka quoted "*Sansakaro hi nam Gunantaradhan*" in *Vimanasthana*, which means because of the process on herbal drug *Gunvardhana* occurs. Also, the shelf life of formulations increases. Shelf life (*Saviryataavadhi*) means the period during which the potency (*Virya*) of the drug remains unaffected due to environmental factors or from microbial contamination. Different dosage forms have different Shelf period. This paper is given a detailed study of the literature review of the shelf life of *Sneha Kalpana*.

**Key words:** *Sneha Kalpana*, *Shelf life*, *Saviryata Avadhi*.

### INTRODUCTION

*Bhaishajya Kalpana* is a branch of Ayurveda which deals with the study of methods of preparation of various formulations. *Bhaishajya Kalpana* is mainly divided into two parts viz. *Ahara Kalpana* and *Aushadha Kalpana*. Among these *Ahara Kalpana* is useful not only to protect the health of healthy individuals and also for the treatment of diseases. *Aushadhi Kalpana* is mainly required for the treatment of a diseased person. According to the method of preparation action of drugs changes also does the shelf life of drugs. After doing specific *Sanskar* it increases the *Guna* of drugs also increases

stability. *Panchavidha Kashaya Kalpana* is five basic preparation of Ayurvedic pharmacy. Also *Avaleha Kalpana*, *Snehapak Kalpana*, *Sandhan Kalpana* are methods of preparation of Ayurvedic formulations. Traditional or alternative medicine is widely used in the prevention, diagnosis and treatment of an extensive range of ailments. Stability is an important parameter for the safety and efficacy of products. Which indicates the active ingredient capacity of the formulation. *Sneha Kalpana* is a method of preparation of Ayurvedic formulations in which *Sneha* i.e. *Taila*, *Ghruta*, *Vasa*, *Majja* any one of them is heated with herbs and in some liquid media like *Jala*, *Swarasa*, *Kwatha*, etc.

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### AIM AND OBJECTIVE

1. To review *Sneha Kalpana*.
2. To review the shelf life of *Sneha Kalpana*.

### MATERIALS AND METHODS

#### Types of *Sneha Dravya*

According to *Ashtang Hruday Samhita*, *Sharagdhara Samhita* there are four types of *Sneha* - *Taila*, *Ghruta*, *Majja* and *Vasa*.<sup>[1],[2]</sup> Among them, *Taila* and *Ghruta* are most commonly used to preparing *Sneha Paka*

*Kalpna*. When this *Sneha Dravya* is heated with herbal drugs, the *Guna* of herbal drugs comes in that *Sneha*, so after intake or application on the body, the action of that drug occurs. *Acharya Vagbhata* is quoted as “*Sahastra Virya Vidhibhi Ghrutam Karma Sahastrakruta*” which means when *Ghruta* is heated with different types of herbal drugs having different *Viryas*, it forms *Siddha Ghruta*, which cure several diseases.<sup>[3]</sup> Also *Taila* is “*Sansakarata Sarva Rogajit*” means when *Sanskara* of various herbal drugs are done on *Taila*, it cures all types of diseases.<sup>[4]</sup>

### Method of preparation

According to *Sharagadhar Samhita*, *Sneha Paka Kalpana* is preparing, when 4 parts of *Sneha* is heated with one part of *Kalka* and 16 parts of *Drava-Dravya* till *Siddhi Lakshana* appear.<sup>[5]</sup>

### Sneha Murchhana<sup>[6]</sup>

According to *Bhaishajya Ratnavali* for *Murchhit Sneha* the *Sneha* is heated on mild flame till bubble start appearing, switch off the gas add *Kalka Dravya*. Switch on the gas and add *Drava-Dravya*. Continue stirring done on mild flame till *Siddhi Lakshana* appears.<sup>[2]</sup>

### Use of Murchhit Sneha

*Sneha Murchhana* is a process for removing the *Aama Dosha* and *Gandha Nasha* of *Sneha*.<sup>[6]</sup> This *Murchhit Sneha* is used for the preparation of *Sneha Kalpana*.

### Sneha Siddhi Lakshana<sup>[7]</sup>

1. *Kalka* in *Sneha* when rubbed with the fingers, it forms *Varti* like structure.
2. When the above *Varti* kept on fire, it burns without any sound.
3. *Ghruta Siddha Lakshana* occurs when bubbles stop coming out (*Phena Shanti*). *Taila Siddha Lakshana* occurs when bubbles come out (*Phenudgam*).
4. *Rasa, Gandha, Varna* of ingredients appears in *Sneha*.

### Rules for the preparation of *Snehapaka Kalpana*<sup>[8],[9]</sup>

1. When four *Drava Dravya* is given, then each should be taken four times the quantity of *Sneha*.
2. If five or more *Drava Dravya* that is *Jala, Swarasa, Kwatha, Dugdha, Gomutra*, etc. are given, then each *Drava Dravya* should be taken in an equal quantity of *Sneha Dravya*.
3. If *Drava Dravya* is not mentioned, then water is used. It should be four times the quantity of oil used.
4. If only *Kwatha Dravya* is given, then make *Kalka* of *Kwatha Dravya* and add  $\frac{1}{4}$  part of *Sneha*.
5. *Kwatha* preparations depending on the drug's nature.

**Table 1: Amount of water according to the nature of Dravya.**

SN	Nature of Dravya	Amount of water
1.	<i>Mrudu</i> (Soft drugs)	4 times
2.	<i>Madhyam</i> (Medium drugs)	8 times
3.	<i>Kathina</i> ( Hard drugs)	8 times
4.	<i>Atyanta Kathina</i> ( Very hard)	16 times

6. *Kwatha* preparation depending on the quantity of the *Dravya*

**Table 2: Amount of water according to the quantity of Dravya**

SN	Quantity of the Dravya	Amount of water
1.	1 <i>Karsha</i> to 1 <i>Pala</i>	16 times
2.	1 <i>Prasuti</i> to 1 <i>Kudava</i>	8 times
3.	1 <i>Prastha</i> to 1 <i>Khari</i>	4 times

7. If the quantity of the ingredients is not mentioned, then the *Kalka, Sneha*, and *Drava Dravya* should be collected in the proportion of 1:4:16 respectively.
8. According to *Drava Dravya* the ratio of *Kalka* and *Sneha* was explained by *Acharya Sharangadhar*.

**Table 3: Amount of Kalka and Sneha according to Drava Dravya**

SN	Drava Dravya	Kalka	Sneha
1.	Ambu	¼ part	1 part
2.	Kwath	1/6 part	1 part
3.	Swaras	1/8 part	1 part
4.	Dugdha	1/8 part	1 part
5.	Dadhi	1/8 part	1 part
6.	Mansa Rasa	1/8 part	1 part
7.	Takra	1/8 part	1 part

**Time for Sneha Kalpana preparation**

According to *Sharagdhara Samhita*, we should not prepare *Taila*, *Ghruta*, *Avaleha* and *Guda Kalpanas* in one day, because it increases the *Guna* in that *Kalpana*.<sup>[10]</sup> *Sneha Sadhan* din maryada is explained in *Vaidhyakiya Paribhasha Pradeep*.

**Table 4: According to Drava Dravya the duration of preparation**

SN	Drava Dravya	Duration
1.	Mansa Rasa	1 day
2.	Dugdha	2 days
3.	Swarasa	3 days
4.	Takra and Arnala	5 days
5.	Mula and Valli	12 days

**Types of Sneha Paka kalpana according to Sharagdhara Samhita<sup>[11]</sup>**

- 1. Mrudu Paka** - In *Mrudu Paka*, *Varti* of *Kalka* is not form. Also contains slightly moisture, which is tested by putting the *Kalka* on fire. It produces sound.
- 2. Madhyam Paka** - In *Madhyam Paka*, *Varti* of *Kalka* is formed, which is not sticking to the spoon (*Darvi*). *Kalka* does not contain any moisture.

**3. Khara Paka** - In this *Kalka* is hard and rough in touch. It does not contain any moisture.

**4. Aam Paka** - In this *Paka*, *Kalka* contain more amount of water. It is *Guru* and *Agnimandhyakar*.

**5. Dagdha Paka** - When continuing heat given after *Khara Paka*, then *Dagdha Paka* appears which is *Dahakar*, so it should not be used in treatment.

**Matra<sup>[5]</sup>** - One *Pala*

**Uses of Sneha Pakas<sup>[12],[13],[14]</sup>**

**Table 5: Uses of Sneha Paka**

SN	Paka	Ch.Sa.	Su.Sa.	Va.Sa.	Sh.Sa.
1.	Mrudu Paka	Nasya	Panarth	Nasya	Nasya
2.	Madhyam Paka	Panarth, Basti	Abhyanga, Nasya	Panarth, Basti	Panarth, Basti
3.	Khara Paka	Abhyang	Basti, Karnapuran	Abhyang	Abhyang

*Ch.Sa.-Charaka Samhita, Su.Sa.-Sushruta Samhita, Va.Sa.-Vagbhata Samhita, Sh.Sa.-Sharagdhara Samhita*

Because *Aam Paka Sneha* becomes *Nirvirya*, *Agnimandhyakar*, *Guru* and also *Dagdha Paka* are *Dahakrut* and it is not used for treatment.

**Shelf life (Saviryata Avadhi)**

*Saviryata Avadhi* term is mentioned in the context of the period in which the *Virya* of any drug remains unaffected due to the environment/ microbial deterioration, whereas in the contemporary system, the Shelf life is used to indicate the period during which an API (Active Pharmaceutical Ingredients) is expected to remain within the approved stability specifications, provide that it is stored under the condition defined on the container.

**Table 6: According to Acharya Sharagdhara Saviryata Avadhi of Ayurvedic preparations are as follows<sup>[15]</sup>**

SN	Kalpana	Saviryata Avadhi
1.	Churna	2 Masa [months]
2.	Gutika, Avaleha	1 Savantsar [year]
3.	SnehaKalpana	4 Masa

4.	Asava, Arishtha, Rasa Dhatu Kalpa	Potency increases with time
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### According to various Acharya's Savirya Avadhi of Sneha Kalpana

1. According to Sharagdhar Samhita - 4 Masa
2. According to Vangasen Samhita - 6 Masa
3. According to Yogratnakar Samhita - 12 Masa
4. According to Ayurvedic Formulary of India - 3 years
5. Rule no. 161 B the D & C Act - Taila Paka - 3 years, Ghruta Paka - 2 years

### DISCUSSION

Before 5000 years, there was no storage method developed for Kwatha, Swarasa Kalpana. Everytime it has to be prepared fresh as shelf life is only a day. So Acharyas processed Taila and Ghruta with Swarasa, Kwatha, Kalka Kalpana to increase its shelf life and enhance the qualities of Dravya. The Sneha Kalpana is prepared by using 1/4 part of Kalka and four-part of Drava is heated with one part of Sneha Dravya leads to an increase in the potency of Dravya also Saviryaavadhi increases. During preparation the Madhyam Paka should happen, because Mrudupaka contains moisture leads to it get deteriorate. Also because of excessive heat Khara Paka and Dagdha paka are not used in treatment. According to Sharagdhar samhita, vangasen, Yogratnakar, Ayurvedic Formulary of India, Rule no.161 B the D & C Act the Saviryaavadhi of Sneha Kalpana is 4 Masa, 6 Masa, 12 Masa, 3 years, Taila Paka 3 years and Ghruta Paka 2 years respectively.

### CONCLUSION

The Sneha Kalpana is prepared by using 1/4 part of Kalka and four-part of Dravya are heated with one part of Sneha Dravya. Madhyam Paka should be done to avoid deterioration and its efficacy remains constant up to its shelf life. Sneha Kalpana is remaining stable for up to according to Sharangdhar Samhita, Vangasen, Yogratnakar, Ayurvedic Formulary of India, Rule no.161 B the D & C Act the

Saviryaavadhi of Sneha Kalpana is 4 Masa, 6 Masa, 12 Masa, 3 years, Taila Paka 3 years and Ghruta Paka 2 years respectively.

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